

**Claims:**

C1. A method of providing relatively long term diminishment or prevention of painful disorders comprising topical or intranasal administration over a relatively short term treatment period of civamide (cis-8-methyl-N-vanillyl-6-nonenamide) or one of its salts in an amount of about 0.001% to 1% (weight/weight) in a composition comprising a pharmaceutically acceptable vehicle, such vehicle being suitable for introduction into the intranasal passages or application to the skin of humans or other mammals in order to provide long-lasting diminishment of painful disorders.

C2. The method of claim 1 wherein said composition is administered intranasally over a period of about five to fourteen days and then discontinued, providing at least many weeks worth of continuing pain diminishment thereafter.

C3. The method of claim 2 wherein said painful disorder is headache, neuralgia, neuropathy, or other types of chronic pain amenable to treatment or prevention with intranasally administered civamide.

C4. The method claim 1 wherein said composition is administered topically to the skin over a short period of about two weeks to several months and then discontinued, providing at least many weeks or months worth of continuing pain diminishment thereafter.

C5. The method of claim 4 wherein said painful disorder is arthritis, neuralgia, neuropathy, or other types of chronic pain amenable to treatment or prevention with topically administered civamide.